



national children's
**mental health
awareness day**

Finding Help. Finding Hope.

May 5 is SAMHSA's National Children's Mental Health Awareness Day 2016!

Participate in one or all of these interactive opportunities designed to complement your community or organization's Awareness Day activities. For additional resources to assist in your Awareness Day planning, visit www.samhsa.gov/children.

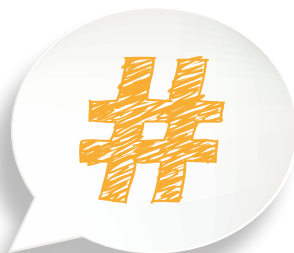
1. april

Engage through social media

Now is the time to share details about your Awareness Day 2016 plans and activities through social media!

Post or tweet photos, videos, and comments.

Use the hashtag **#HeroesofHope** to share your insights, thoughts, and perspectives on children's mental health every day leading up to Awareness Day, during the national observance on May 5, and throughout the month of May via Twitter, Instagram, and Facebook.



2. may 5

Continue the national conversation through social media on Awareness Day

#HeroesofHope on Twitter, Instagram, and Facebook use when posting photos, videos, and comments on May 5.



3. may 5

Experience Awareness Day Live! by watching the national live webcast

Tune in to view the live webcast of the Awareness Day national event in Washington, DC. You also can encourage your community to host an *Awareness Day Live!* viewing event by gathering a group to watch the national event live webcast together. During the national event, you will learn about strategies for improving behavioral health services and supports for children, youth, young adults, and their families. While watching the live webcast, participate in the onstage discussion via email, Twitter, or text.

[View the webcast here on May 5.](#)

JOIN



7-8:30 p.m. EDT



4. may 5

Text, Talk, Act for Awareness Day 2016

Text, Talk, Act is an interactive activity that encourages youth and young adults to engage in conversations about mental health via text messaging. Small groups receive questions on their mobile phones that lead them through a conversation about mental health and allow them to participate in the national event conversation through a series of polling questions.

On May 5, text "HOPE" to 89800 to begin.



national children's
**mental health
awareness day**